THE TOWN OF LOS ALTOS HILLS

FALL-WINTER 2012-13





Rally Training

Have fun with your dog and reinforce good behavior

ally Training was created to allow handlers to actively reinforce good dog behavior in competition by using verbal and nonverbal praise. The handler moves through a preset course by reading numbered signs that give instructions. All breeds of dogs, including mixed-breeds, are suitable but they must have completed a basic obedience training course. Your dog should have a basic understanding of sit, down, stay, come and heel. Your dog must be in good physical condition, up to date with all vaccinations, flea free and non-aggressive towards people and other dogs. For more information contact Rosalie Alvarez 650-941-2714.

FALL

Session 1: 9/19 - 10/24Session 2: 10/31 - 12/5

WINTER

Session 1: 1/9 - 2/13Session 2: 2/20 - 3/27

Day: Wednesdays
Time: 9:00 - 10:00 am
Location: Baseball Field at

Hillview Community Center

97 Hillview Road, Los Altos

Fees: \$60 Residents \$69 Non-Residents

Dog Obedience Training

or dogs over five months of age. Introduces basic and intermediate obedience skills. Content will also include discussions on responsible dog ownership in today's society. All work will be done on lead unless prior approval received from the trainer to work without a leash. Equipment Note: Choke chain collar which is 3 inches longer than the dog's neck circumference and of medium link size required. Other collar choices are permitted with trainer's approval. Also required is a six foot leash/lead of leather or fabric. Leather leads are highly recommended for medium to large dogs. For more information contact Rosalie Alvarez 650-941-2714.

FALL

Session 1: 9/20 - 10/25Session 2: 11/1 - 12/6

WINTER

Fees:

Session 1: 1/10 - 2/14Session 2: 2/21 - 3/28

Day: Thursdays
Time: 8:00 – 9:00 am
Location: Baseball Field at

Hillview Community Center 97 Hillview Road, Los Altos

\$60 Residents

\$69 Non-Residents



Stepping Strong

tepping Strong is a program developed by Lifelong Fitness Alliance, in collaboration with AARP and the Stanford Health Improvement Program, consisting of a 10-week walking and wellness program. This program encourages individuals and communities to step up their overall wellness through peer support and goal setting. All participants will receive a 10-week PTF manual full of health and wellness topics such as nutrition, brain fitness, and the importance of sleep. They will also receive a pedometer and be encouraged to track their daily walking. Tips on revving up your walking, no matter your fitness level, are also included. This group will briefly meet at Town Hall or other locations in the Hills then head out on many of the surrounding Los Altos Hills Pathways.

Dates: 9/13 – 11/15
Day: Thursdays
Time: 9:30 – 11:00 am

Fee: \$2 for Pathways map payable at 1st class

Age Well-Drive Smart

his program is a cooperative effort between the California Highway Patrol and the Department of Motor Vehicles and brought to you by the Joint Los Altos/Los Altos Hills Senior Commission. Topics include helpful statistics for seniors; myths about older drivers; compensating for normal age related changes; tune up your driving skills; interactions of prescription medications and over the counter medications; rules of the road; safe driving tips and transportation alternatives.

Please reserve your spot by Monday, October 8th by contacting the Los Altos Senior Center at 650-947-2797.

Date: 10/17 Day: Wednesday

Time: 9:00 am - 1:00 pm

Location: Hillview Community Center Room 8

97 Hillview Avenue, Los Altos

Fee: Free

A

Yoga Walks

oga Walks offer an opportunity to take your yoga practice outside, in combination with an energetic walk in a natural setting. Ninety-minute classes include about 45 minutes of yoga poses and 45 minutes of walking. No yoga experience necessary. Wear good walking shoes and comfortable clothes. Classes meet once a week for 8 weeks, Tuesdays 9:00 – 10:30am. For further details, please contact Amy at amy@santullo.com or visit the website www.yogawalkers.com.

Dates: 9/11 - 10/30Day: Tuesdays

Time: 9:00 – 10:30 am

Location: Westwind Community Barn Parking Area

Fees: \$117 Residents

\$131 Non-Residents

Pam's Yoga Fitness

his course, taught by Pam Walatka, features an invigorating, fun yoga workout influenced by other practices including Pilates and mindfulness meditation. Class meets once a week for eight weeks, 10:15 am to 11:30 am. Please bring a yoga mat. For more information email Pam at pamwalatka@yahoo.com or visit www.pamwalatka.com.

FALL

Session 14: 9/26 - 11/14

Session 15: 11/28 - 1/23 no class 12/26

WINTER

Session 1: 1/30 - 3/20Session 2: 3/27 - 5/15

Day: Wednesdays Time: 10:15 – 11:30 am

Location: Town Hall Council Chambers

Fees: \$105 Residents \$119 Non-Residents

REGISTER ONLINE AT WWW.LOSALTOSHILLS.CA.GOV

Teresa Maldonado Marchok, MPT

Teresa is a licensed physical therapist, certified speaker for American Bone Health and a lecturer and movement specialist in osteoporosis at Stanford University's Health Improvement Program. For more information call 650-996-1134 or visit www.pilateswithtereas.com.

Introduction to Pilates for Bone Building



earn principles of proper breathing, core control and bone building exercises. With the use of wooden dowels or a cane if you have one, we'll also work on balance and spinal alignment, so critical for fracture prevention. For more information visit www.pilateswithteresa.com or teresa@pilateswithteresa.com.

Dates: 9/12 - 10/3Day: Wednesdays Times: 12:30 - 1:30 pm

Location: Town Hall Council Chambers

Fees: \$53 Residents

\$58 Non-Residents

Pilates for Bone Building

his class focuses on Pilates based core exercises as well as standing balance, leg and back strengthening and weight bearing exercise for a bone building workout! You must be able to get down to and up from the floor safely to participate in this class.

Foam rollers \$25, miniballs \$10 and bands \$6 will be available for purchase on the first day of class or you may bring your own. Please bring your own mat and come to the first class 15 minutes early to complete paperwork and have a brief orientation. For more information visit www.pilateswithteresa.com or teresa@pilateswithteresa.com.

Dates: 10/10 - 11/14Day: Wednesdays Times: 12:30 - 1:30 pm

Location: Town Hall Council Chambers

Fees: \$77 Residents \$82 Non-Residents

Heart of Pilates

ollowing recommendations of recent research, this class taught by Teresa Maldonado Marchok MPT, begins with a short, fun movement section to increase core temperature, address balance and strengthen the leg muscles in preparation for mat work. Use of a miniball and resistance band strengthens the core while protecting the spine. Acquire the skills to make immediate postural changes and be prepared to laugh (great for the core) and have fun. Expect increased tone, flexibility and beneficial crossover to sports like skiing, tennis and golf. Please bring a mat, ball and resistance band. Available for purchase, 9" miniballs and bands for \$10 each. For more information visit www.pilateswithteresa.com or teresa@pilateswithteresa.com.

Session 1: 9/18 – 11/13

Session 2: 1/8 - 3/5 no class 2/19Session 3: 3/19 - 5/14 no class 4/9

Day: Tuesdays

Time: 8:40 – 9:40 am

Location: Town Hall Council Chambers

Fees:

Session 1: \$168 Residents

\$182 Non-Residents

Sessions 2 & 3: \$150 Residents

\$164 Non-Residents

En Plein Air Art Nature and Equestrian Painting

or Nature and Equestrian Lovers! En Plein
Air art painting lesson at beautiful Westwind
Community Barn located in Los Altos
Hills. Experience this wonderful "open air"
style of painting for a three hour course which
includes professional nature and horse painting
instructions and a standard 12"x18"canvas. For
more information visit www.painteroflegends.com
or contact instructors Armando and
Charisse Delgado at 408-394-9323 or
painteroflegends@hotmail.com.

Date: 9/30 Day: Sunday

Time: 10:00am – 1:00 pm Location: Westwind Community Barn

Fees: \$105 Residents \$119 Non-Residents

Project Memoir

ave you been thinking about writing down your life stories to pass on to your grandchildren, nieces, or nephews? Well, now is the time! Come join Bonnie Gikis, a seasoned writer and teacher. She will supply you with the time and place and a tool box of techniques (a la Julia Cameron, Natalie Goldberg, and Gabrielle Rico) to get those stories out of your head and onto the page. Enjoy the camaraderie of likeminded writers and begin the New Year with Project Memoir. For more information, please contact Bonnie at 650-948-9523 or bgikis@aol.com.

Dates: 1/8 - 2/12Day: Tuesdays

Time: 10:00 – 11:15 am

Location: Parks and Recreation Center

at Town Hall

Fee: \$105 Residents

\$119 Non-Residents





Youth En Plein Air Art Nature and Equestrian Painting

or Nature and Equestrian Lovers! En Plein Air art painting lesson at beautiful Westwind Community Barn in the lovely Los Altos Hills. Experience this wonderful "open air" style of painting for a three hour course which includes professional nature and horse painting instructions and a standard 12"x18" canvas. For more information visit www.painteroflegends.com or contact 408-394-9323 or painteroflegends@hotmail.com.

Date: 9/16
Day: Sunday

Time: 10:00am – 1:00 pm Ages: 8-17 years old

Location: Westwind Community Barn

Fees: \$105 Residents

\$119 Non-Residents

Babysitter's Trainingby the American Red Cross

his course gives youth the knowledge and confidence to care for infants and school-age children. Combining video, activities, hands-on skills training and discussion for a complete learning experience, Babysitter's Training teaches youth how to:

- Respond to emergencies and illnesses with first aid, rescue breathing and other appropriate care
- Make decisions under pressure
- · Communicate with parents to learn household rules
- Recognize safety and hygiene issues
- Manage young children
- Feed, diaper and care for infants
- Start their own babysitting business

Upon completion of the course includes the certifications, a babysitter's portfolio (first aid and guide), and access to digital refresher materials.

Date: 10/20 Day: Saturday

Time: 9:00am – 4:00pm

Location: Parks and Recreation Center at Town Hall

Fees: \$110 Residents

\$119 Non-Residents

Basic Windsurfing

ou've watched those sails on the Bay from 101 and seen those amazing pictures on magazine covers... now you're ready to try it! Learn to windsurf in a weekend with our certified instructing staff! With an outstanding curriculum and the use of land simulators, students will be up and sailing in a matter of hours regardless of age, strength, and size! Tacking (turning), rigging, nomenclature, self-rescue, water safety, and a myriad of other topics will be covered as students earn their certifications! After class, students will be ready to rent the equipment and practice their new skills! For more information call 650-947-2518 or visit www.shorelinelake.com.

Session 1: 9/8 - 9/9Session 2: 9/15 - 9/16Session 3: 9/22 - 9/23Session 4: 9/29 - 9/30Session 5: 10/6 - 10/7Days: Saturday & Sunday Time: 9:00 am - 1:00 pm Location: Shoreline Lake

3160 North Shoreline Blvd, Mtn View

Ages: 14 & Up Fee: \$200

Basic Sailing

iscover the dream and prepare to "sail away" in your own Capri dinghy, a 14' long sloop! We'll teach you all the basics to get you out on the water, safely maneuvering your sailboat around the lake. Tacking and jibing (turning), sail trim, nomenclature, knots, and water safety are among the myriad of subjects covered in this fast paced and exhilarating course taught by certified instructors. Successful completion will result in a certification, so students may return at their leisure to rent boats! For more information call 650-947-2518 or visit www.shorelinelake.com.

Session 1: 9/8 - 9/9
Session 2: 9/15 - 9/16
Session 3: 9/22 - 9/23
Session 4: 9/29 - 9/30
Session 5: 10/6 - 10/7
Days: Saturday & Sunday
Time: 9:00 am - 1:00 pm
Location: Shoreline Lake

3160 North Shoreline Blvd, Mtn View

Ages: 14 & Up Fee: \$210

Basic Kayaking

o you dream of exploring pristine rivers or shooting thrilling rapids? Have you wished to join those kayak-surfers on the waves of Santa Cruz? Our knowledgeable and experienced staff of instructors will introduce you to this lifetime sport in a matter of hours! Learn stroke techniques, launching and landing, nomenclature, self-rescue, water safety, and equipment tuning. For more information call 650-947-2518 or visit www.shorelinelake.com.

Session 1: 9/22
Session 2: 10/6
Day: Saturday
Time: 9:00 am – Noo

Time: 9:00 am – Noon Location: Shoreline Lake

3160 North Shoreline Blvd,

Mtn View

Ages: 14 & Up Fee: \$100

Enclosed Sea Kayaking

tep into the world of enclosed sea kayaks! You will review your basic strokes and rescues as well as learn more advanced control techniques such as ruddering, bracing, and edging. The skills you learn will prepare you for exploring the open ocean as you will have better control of your kayak and paddling technique. Build your skills and confidence level to move onto rolling! For more information call 650-947-2518 or visit www.shorelinelake.com.

Session 1: 9/22 Session 2: 10/6 Day: Saturday

Time: 12:30 – 4:30 pm Location: Shoreline Lake

3160 North Shoreline Blvd,

Mtn View

Ages: 14 & Up Fee: \$130



Green Bean Kidz Nature Education

reen Bean Kidz is an outdoor education program for children and their accompanying adults that meets once a week in different local parks and open spaces. The program also encompasses music, art, science, games, hiking and movement all geared toward learning about nature, our outdoor world and concepts toward preserving it. Parents are required to attend the preschool program, and strongly encouraged to attend the after school program. For more information please contact Ellen at greenbeankidzellen@gmail.com or check www.greenbeankidz.com for updates. A \$15 materials fee is due the first day of class.

\$135 Residents Fees:

\$149 Non-Residents

FALL

9/4 - 10/9Session 1: Tuesdays Day:

9:30 - 11:00 am Time:

2 - 5Ages:

Session 2: 9/4 - 10/9Day: Tuesdays Time: 3:30 - 5:00 pm

Ages: 5 - 10

9/5 - 10/10Session 3: Wednesdays

Dav: 9:30 - 11:00 am Time:

Ages: 2 - 5 Session 4: 9/5 - 10/10

Wednesdays Dav: 3:30 - 5:00 pm Time:

5 - 10Ages:

Session 5: 9/6 - 10/11Day: **Thursdays**

1:30 - 3:00 pm Time:

Ages: 2 - 5

WINTER

Session 1: 10/23 - 12/4 no

class 11/20

Day: Tuesdays

9:30 - 11:00 am Time:

Ages: 2 - 5 Session 2: 10/23 - 12/4 no

class 11/20

Day: Tuesdays

3:30 - 5:00 pm Time:

Ages: 5 - 10

Session 3: 10/24 - 12/5 no

class 11/21

Day: Wednesdays

9:30 - 11:00 am Time:

Ages: 2 - 5

10/24 - 12/5 no Session 4:

class 11/21

Day: Wednesdays 3:30 - 5:00 pm Time:

5 - 10Ages:

Learn to Fence!

By Silicon Valley Fencing

ur fun-filled introductory classes will teach you the basics of fencing. Fencing develops physical and mental fitness, teaches self-discipline, builds character, and instills sportsmanship. All equipment is supplied by Silicon Valley Fencing. Introductory classes are intended for students fencing for the first time. Students should wear athletic clothing and non-marking athletic shoes. For more information visit www.svf-fencing.com or contact 650-450-7751 or info@svf-fencing.com.

Day: Saturdays

9/1 - 9/15Session 1: 10/6 - 10/20 Session 2:

Session 3: 11/3 - 11/17

12/1 - 12/15 Session 4: Session 5: 1/5 - 1/19

Session 6: 2/2 - 2/16

Times: 11:00 - 11:55 am Location: Silicon Valley Fencing

4500 El Camino Real, Suite 1, Los Altos

Ages: 6 & Up

\$60 Residents Fees:

\$74 Non-Residents

Blue Angels Youth Ski & Snowboard Program

Beginner/Intermediate Ski & Snowboard Camp

ant to learn how to ski or snowboard or improve your current skills? Why not take it up a notch or two with professional coaching in a fun, friend-filled environment? With The Blue Angels Youth Ski & Snowboard Program at Sierra-at-Tahoe, participants will learn from PSIA certified instructors and develop a solid foundation to build upon for the future. This comprehensive program includes 5 full days of age/level specific professional instruction, roundtrip luxury transportation, lift tickets, lunch, a snow helmet and adult supervision on and off the slopes. *Equipment not included.* Please visit www.BlueAngelSnow.com or call 925-939-7669 for more information.

Dates: 1/12 - 2/23 no class 1/19 and 2/16

Day: Saturdays Ages: 7-16 years old

Departure & Return: Please visit www.BlueAngelSnow.com for locations & times

Fee: \$849

Freestyle Ski/Snowboard Camp

Learn Slopestyle, Superpipe & All Mountain Skills!

ant to learn how to or improve your Slopestyle, Superpipe and all-mountain riding skills? Ready to Spin, Grab & Grind? With The Blue Angels Youth Ski & Snowboard Program, participants will learn how to tackle the terrain park like a pro! Open to upper-intermediate to advanced skiers and snowboarders only. This intensive training program includes five full days of professional coaching, roundtrip luxury bus transportation to Sierra-at-Tahoe, lift tickets, lunch, a Pro-Tec Snow helmet and adult supervision on and off the slopes. *Equipment not included*. Please visit www.BlueAngelSnow.com or call 925-939-7669 for more information.

Dates: 1/12 - 2/23 no class 1/19 and 2/16

Day: Saturdays Ages: 12-16 years old

Departure & Return: Please visit www.BlueAngelSnow.com for locations & times

Fee: \$849



Year Round Riding Program

he Year Round Riding Program (YRRP) offers riding lessons geared towards the beginning and intermediate rider. Participants will learn the basics of riding in a beautiful park-like setting. The program focuses on learning to maintain an independent, balanced seat, tactful communication between horse and rider, and correct equitation. Each session is six weeks in length. Safety helmets are required for all mounted work and can be provided. Participants must come neatly dressed in form-fitting pants (no shorts), boots with heels, and a shirt that covers the shoulders. Jewelry is not allowed. Hair must be pulled back and out of the rider's face. For more information please contact instructor Jane Kawasaki at 650-492-1620 or janekawa@gmail.com.

Location: Westwind Community Barn

Ages: 7 & Up

Fees: \$300 Residents

\$340 Non-Residents

Beginner

Riders have little to no riding experience or have participated in less than 10 hours of mounted instruction.

Saturdays

Session 1: 10/13 - 12/1

no class 10/27 and 11/24

Session 2: 1/12 - 2/16Session 3: 3/2 - 4/6

Time: 9:00 – 9:45 am

Sundays

Session 1: 10/14 - 12/2

no class 10/28 and 11/25

Time: 9:00 – 9:45 am

Tuesdays

Session 1: 10/9 - 11/20 no class 10/23

Session 2: 1/8 - 2/12Session 3: 2/26 - 4/2Time: 4:00 - 4:45 pm

Intermediate

Suitable for riders who are comfortable at the walk and trot and have begun cantering. Students must be able to post the trot while maintaining balance, check their diagonals and perform basic steering maneuvers.

Wednesdays

Session 1: 10/10 - 11/21 no class 10/24

Session 2: 1/9 - 2/13Session 3: 2/27 - 4/3Time: 4:00 - 4:45 pm

Thursdays

Session 1: 10/11 – 11/29

no class 10/25 and 11/22

Session 2: 1/10 - 2/14Session 3: 2/28 - 4/4Time: 4:00 - 4:45 pm

Saturdays

Session 1: 10/13 - 12/1

no class 10/27 and 11/24

Session 2: 1/12 - 2/16Session 3: 3/2 - 4/6

Time: 11:00 – 11:45 am

Advanced Intermediate

Suitable for riders who are comfortable at the walk, trot and canter and are beginning to jump low obstacles or ride advanced movements on the flat.

Saturdays

Session 1: 10/13 - 12/1

no class 10/27 and 11/24

Session 2: 1/12 - 2/16Session 3: 3/2 - 4/6

Time: 10:00 – 10:45 am

Boarding at Westwind Community Barn

Westwind Community Barn's boarders have access to the best amenities offered at any public facility on the Peninsula.



BOARDING AT WESTWIND COMMUNITY BARN

estwind Community Barn's boarders have access to the best amenities offered at any public facility on the Peninsula.

- 50' x 100' all-weather dressage court
- 100' x 200' all-weather jumping arena
- 51' Eurofelt round pen
- Cross-country track and field with a bank, coops, fences and a log jump
- · Hot water wash racks
- · Boarder tack rooms
- · Lounge with fridge, microwave, TV and DVD player
- Connections to the Pathways System, with direct access to San Antonio, Arastradero and more

Boarding is open to the public and options include stalls and pasture. Additional services are available including 7-day blanket service, grain, trailer parking, free-choice hay nets and extra turnouts.

	Stall Board	Pasture Board			
	\$705	\$355			
	Three meals daily – five flakes max of oat, alfalfa or grass	Three meals daily, alfalfa for breakfast, oat for lunch and dinner			
	Cleaned twice daily	Two shelters measuring 14' x 14' with rocked bases			
	Three turnouts weekly, sunrise to sunset, in private sheltered paddocks	Two water tubs cleaned weekly by staff			
	Nelson automatic waterers and rubber mats in all stalls	The pasture is dragged monthly to remove manure			

For more information contact Barn Manager, Crystal Petralli at 650-269-5129 or cpetralli@losaltoshills.ca.gov.

Full Training

he Town of Los Altos Hills offers full and partial training programs for horses boarded at Westwind Community Barn with Barn Manager Crystal Petralli. Horses enrolled will benefit from a full-care management program that centers around goal-oriented riding and high-quality daily supervision. Riders will focus on correct equitation and its effect on the horse and learn how to utilize these skills to improve their results in the show ring. Riders place in the top ten at major Medal finals, consistently win Division Championships and qualify for year-end awards. Space is extremely limited. Please contact Crystal Petralli, 650-269-5129 or cpetralli@losaltoshills.ca.gov to register or learn more about this training program.

Fees: Starting at \$489 per month/4 training units weekly

Trainer: Barn Manager, Crystal Petralli



Barn Lounge Facility Room Rental

estwind Community Barn is located at 27210 Altamont Road in Los Altos Hills. It is a public facility owned and operated by the Town of Los Altos Hills. The temperature-controlled boarder lounge has a maximum occupancy of 30 standing and 16 seated. Dimensions are roughly 12 feet by 24 feet. Lounge contains a refrigerator, sink, microwave, flat screen television, DVD player, conference table and white board. To make a reservation contact Sarah Gualtieri at 650-947-2518 or sgualtieri@losaltoshills.ca.gov.

Facility Use Fee

Deposit: \$250 Committee Meeting: Free

Residents and Boarders at Westwind Community Barn: Free with Deposit Non-Residents: \$50 with Deposit

Personal Emergency Preparedness (PEP) & Senior Personal Emergency Preparedness

ithout warning, disaster can strike the Bay Area leaving us and our families vulnerable. From power outages to major earth quakes, there are ways you can prepare to be ready in the event of a disaster. PEP is a free workshop offered to residents of the Los Altos Hills County Fire District. In this course you learn about the many types of disasters that can hit the Bay Area and what you can do to be ready. To register or for more information please contact Emergency Services Coordinator, Mike Sanders at mike.sanders@cnt.sccgov.org or 650-922-1055.



PEP

Session 1: 9/26

Time: 6:00 – 9:30 pm Day: Wednesday

Location: El Monte Fire Station

12355 El Monte Road

Session 2: 11/3

Time: 9:00 am – 12:30 pm

Day: Saturday

Location: El Monte Fire Station

12355 El Monte Road

Senior PEP

Session 1: 9/29
Day: Saturday

Time: 9:00 am – 1:00 pm Location: El Monte Fire Station

12355 El Monte Road

Session 2: 10/30 and 11/1
Days: Tuesday and Thursday

Time: 4:00 – 6:00 pm Location: El Monte Fire Station

12355 El Monte Road

Los Altos Library and Woodland Branch Library

he Los Altos Library located in the Los Altos Civic Center and the Woodland Branch Library located in the southern part of Los Altos serve the residents of Los Altos, Los Altos Hills, and the surrounding unincorporated area. Discover, explore, and learn at your Library, for more information contact 650-948-7683 or visit www.santaclaracountylib.org/losaltos.

Wow...Check out all the fun and FREE events for the entire family offered at our local Library!

YOUTH Programs

Reading Buddies

Reading Buddies is a special program for children in grades K to 5th to encourage reading by reading to a dog, or even a cat!

Dates: 9/8, 10/13, 11/10, 12/8, 1/12, 2/9

Day: Saturdays
Time: 11:00 am
Location: Los Altos Library

Jazz with Jerome

Move, dance, stretch and enjoy the music! Come prepared to get fit!

Dates: 9/26, 10/31, 11/28, 12/12, 1/30, 2/27

Day: Wednesdays Time: 3:30 pm

Location: Los Altos Library

ADULT Programs

Calder to Warhol: Introducing the Fisher Collection

This talk focuses on the 2010 exhibition of a portion of the extraordinary collection of Don and Doris Fisher, which is now part of SF MOMA's permanent collection.

Date: 9/12
Day: Wednesday
Time: 7:00 pm

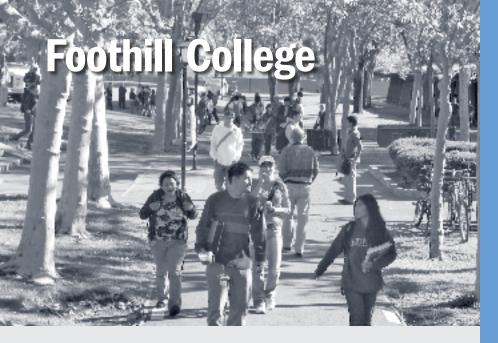
Location: Los Altos Library

California Artists: For the Established to the Emerging

The talk coincides with an exhibition by Jay de Feo, which will be on display from November 3rd- February 3rd.

Date: 11/14
Day: Wednesday
Time: 7:00 pm

Location: Los Altos Library



Making Music with the Apple iOS

ant to make music with your iPad, or even your iPhone? Study of music creation applications and practices on Apple iOS-based devices (iPod Touch, iPhone, iPad). Primary emphasis on music sequencing, music performance, audio distribution and music theory. Secondary emphasis on audio sampling, recording and mixing. iOS-compatible audio, MIDI and video interfaces. USB and wireless syncing. Inter-app protocols such as AudioCopy/AudioPaste and Virtual MIDI. For more information call 650-949-7156.

Beginning Classical Guitar

guitar fundamentals course that places emphasis on reading standard notation in the first position. Techniques such as rest stroke, free stroke, and correct left hand position are covered. Fundamental exercises and pieces will be played by the student in class as the instructor provides accompaniment. Includes an overview of the literature and the major performers of the classical guitar. No public performances are required. For more information call 650-949-7156.

Beginning Acoustic Guitar Techniques

performance based course in beginning guitar (nylon, steel, or electric guitar) with a concentration on folk music. Traditional and popular songs will be used to demonstrate the development of right and left hand techniques. Standard music notation, tablature, and chord symbols will be presented and students can choose instrumental or popular vocal selections to play. For more information call 650-949-7156.

45th Annual Celebrity Forum Speaker Series

Purchase Tickets Now for October 2, 2012 - May 3, 2013 at 8:00 pm

oothill College announces the lineup of its 2012–2013 Celebrity Forum Speaker Series which will include neurosurgeon Sanjay Gupta, M.D., Capitol Steps will have song parodies, skits and bring their satirical humor, President Bill Clinton, President of Mexico Vicente Fox, celebrated documentary filmmaker Ken Burns and Dave Barry Pulitzer Prize winning writer. To purchase tickets for the series contact 650-949-7176 or visit celebrityforum.net.

Los Altos Senior Center

enefits of becoming a member: Discount on luncheons, programming and day trips, access to member only programs such as DMV study packets, notary, discount See's Candies one pound gift certificates, one on one computer tutorial, in home repair program, and equipment loan closet. To become a member: Make checks payable to City of Los Altos, and mail it to the Los Altos Senior Center, 97 Hillview Avenue, Los Altos, CA 94022.

Membership

City of Los Altos Residents: \$26.00
Non Los Altos Residents: \$40.00
Newsletter: \$5.00 The Spotlight
Newsletter is your bi-monthly guide to all programs and events at the Los Altos
Senior Center. For \$5.00 a year the
Newsletter will be mailed to your home.

To become a member: Fill out a membership form found online or at the Senior Center and mail the form with a check payable to City of Los Altos to the below address.

Visit the Senior Center at Hillview Community Center 97 Hillview Avenue, Rooms 10 – 12 Los Altos, CA 94022 650-947-2797

Hours: Monday – Friday

8:30 am - 3:30 pm

Website: www.losaltosrecreation.org



Los Altos Hills Hoedown

at Westwind Community Barn

estwind Community Barn, 27210 Altamont Road, is the location for the Los Altos Hills Annual Hoedown. This year's Hoedown will feature live Blue Grass music by Sidesaddle & Co., old-fashioned arts & crafts, Farmers Market, BBO and free entertainment for the entire family. The Community Farmers Market provides an opportunity for residents to set up a table to sell their garden grown fruits and vegetables. Hand pressed apple cider is available with apples from DeMartini and press from Hidden Villa. The event will also highlight textile demonstrations, quilting, knitting, crocheting, spinning, weaving by Custom Handweavers, soap making, leather tooling by Silicon Valley Leathercraft Guild, puppet making, and family oriented games and prizes. At 4:30 pm, come view our Equestrian exhibitions in the upper arena, featuring the 4-H mini horses, riding demonstrations from Parks and Recreation participants in the Year 'Round Riding Program, as well as the Pacific Ridge Pony Club. This year, California Barbecue will be selling BBQ meals onsite as well as a la carte items. The 4-H, Youth Commission and Pony Club will host a bake sale. Several local wines will be poured. If you would like to participate in our Farmers Market, host a craft table, game, help teach knitting, crocheting or embroidery, pour wine or donate to the event, please contact Sarah Gualtieri 650-947-2518 or sgualtieri@losaltoshills.ca.gov.

Date: 9/8
Day: Saturday

Times: 3:00 – 8:00 pm

Location: Westwind Community Barn Free with food and beverage

available for purchase



Holiday Barn Lighting at Westwind Community Barn

oin the Los Altos Hills community for a special holiday celebration. Spend the afternoon in the fresh air at Westwind Community Barn, sampling home baked cookies and hot cider and/or wine tasting with local vintners while kids participate in seasonal games, craft tables, face painting, pony rides and a petting zoo. Local student groups will perform traditional carols and holiday music. Bring your camera as Santa will be available for last minute holiday wish lists and a tasty candy cane treat. Local Pony Club and 4-H students will demonstrate horse grooming and horse management skills and answer questions on how you can participate in their programs. The Barn will light up at 4:00 pm and Santa will ride off into the sunset in true Hills style! Make this holiday season memorable and bring the whole family for a day in the Hills that they will not forget!

Date: 12/2 Day: Sunday

Times: 1:00 - 4:00 pm

Location: Westwind Community Barn

Fee: Free

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Family Halloween Party

Sponsored by LAHF and Fremont Hills Country Club

ome join Los Altos Hills Families (LAHF) for some Booliscous Fun! Parents, children, and teenagers are invited to join us in costume on October 28st. Carving accessories, scoops and pumpkin decorations will be available for children of all ages, and pumpkins will be available (while supplies last). The pool is heated, and there will be volleyball and other games set up for teens. Light snacks will be provided and the Fremont Hills Poolside Grill will be open for sodas, beer, wine and heartier fare. RVSP is required for this event. Please visit: lahfamily.com.

Date: 10/28 Day: Sunday

Time: 3:00 – 6:00 pm

Location: Fremont Hills Country Club

12889 Viscaino Place

Fee: Free for residents



Teen Monster Bash Dance

he LAHYC invites you to the biggest event of the year, the Halloween Monster Bash! Tickets for the dance are \$5 at the door and it is open to all high school students. Get there early because the hall will fill fast and you don't want to have to wait in line! Bring your high school ID and come in your Halloween costume. Refreshments will be available. For more information contact Sarah Gualtieri at 650-947-2518 or sgualtieri@losaltoshills.ca.gov or visit www.losaltoshills.ca.gov.

Date: 10/27 Day: Saturday

Time: 7:00 – 10:00 pm Location: American Legion

347 First Street, Los Altos

Fee: \$5



Los Altos Hills Activity Guide

The Activity Guide is published with assistance from the Parks and Recreation Committee.

Cover, pages 4, 8, 15: Sarah Gualtieri; page 2: Amber Bowers; page 3: Marita Vargas; page 5: Armando

Delgado; pages 11, 14: Kathy Evans; page 12:

Alexander Atkins

REGISTRATION FORM

REGISTER ONLINE AT WWW.LOSALTOSHILLS.CA.GOV

Participant First and	Last Name	Age (if under 18)	Course/Activity	Fees		
1						
2						
3						
4						
5						
6						
BILLING CONTACT IN	FORMATION					
Name: Last		First	Email Address			
Address: City		State	Zip			
Parent Name: Last		First				
Phone No: Home	Work	Cell				
Emergency Contact: Name		Phone	9			
negligence or carelessne assigns. It is understood representatives, next of more, the significance of	ess, might other I and agreed tha kin, spouse and f this release of n of Los Altos H	wise be liable to me, at this waiver, release assigns. I have fully liability and assumpt ills take photographs	ess all of the entities or persons mentioned above we, or my heirs, personal representatives, next of kin, see, and assumption of risk is to be binding on my heir read this Agreement and fully understand its contertion of risk agreement has been EXPLAINED TO THE sof my or my child's program, event or activity, I agrepublicity purposes only.	pouse or s, personal at. Further- MINOR. In		
			Date:			
REFUND POLICY: Refunds will only be given up to 7 days before the commencement of program. Within 7 days, a refund will only be granted if vacated position is filled. No refunds will be given after program has started. A refund service charge of 7% will be added to all refunds requested by the customer.						
	greement and	fully understand it	IINOR PARTICIPANTS as content. Furthermore, the significance of this EXPLAINED TO THE MINOR.	release of		
Signature of parent or gu	uardian:		Date:			
Please indicate whether	you are signing	as: Parent Gua	rdian			
PAYMENT I hereby authorize the	_		ard □ Visa			
			Exp Date:			
oignature						

Note: All class fees are inclusive of a \$5.00 administrative fee.

Please detach and remit payment to: Town of Los Altos Hills, 26379 Fremont Road, Los Altos Hills, CA 94022



TOWN OF LOS ALTOS HILLS 26379 Fremont Road Los Altos Hills, CA 94022

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Adult

Rally Training

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Pam's Yoga Fitness

Introduction to Pilates for Bone Building

Pilates for Bone Building

Heart of Pilates

Project Memoir

En Plein Air Art Nature and Equestrian Painting

Youth

En Plein Air Art Nature and Equestrian Painting

Babysitter Training

Basic Windsurfing

Basic Sailing

Basic Kayaking



Events

Boarding at Westwind Community Barn

Full Training

Room Rental

Personal Emergency Preparedness (PEP)

Los Altos Library and Woodland Branch Library

Foothill College

Senior Center

Los Altos Hills Hoedown

Barn Lighting

Halloween Party

Monster Bash



Enclosed Sea Kayaking
Green Bean Kidz
Learn to Fence!
Blue Angels Youth Ski &
Snowboard Program
Freestyle Ski/Snowboard
Camp
Year Round Riding Program

BE ONE OF THE FIRST TO REGISTER AND REQUEST YOUR SEASON PASS TO HIDDEN VILLA! (WHILE SUPPLIES LAST)



